HOW CAN WE PREVENT AND CONTROL THE USE AND MISUSE OF ANABOLIC STEROIDS IN INTERNATIONAL SPORTS?

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According to the regulations for international competitions all organizers of international championships and competitions are obliged to carry out doping control tests (blood tests, urine tests etc.) on athletes. The administration of hormones to athletes with the intention of improving performance has been a common practice for many years, and in the last ten years this practice has reached serious proportions internationally, and recently also in Norway. We are therefore very pleased that anabolic steroids have been added to the International Olympic Committee Medical Commissions list of banned classes of drugs because laboratory means of detecting anabolic steroids by use of radio-immunoassay techniques and chromatography/mass spectrometry systems have become available.

The Norwegian Confederation of Sports decided on the last Council meeting that a number of Norwegian athletes should be tested for anabolic steroids before going to international championships. Further, it was decided that random controls should be performed throughout the year in different sports, and it should also be a control system at national championships in those sports which are expected to use anabolic steroids to increase athletic performance. It was further decided that the Norwegian Confederation of Sports should inform not only the athletes, their trainers and leaders, but also try to influence the general opinion in Norway in order to prevent the use and misuse of anabolic steroids in sport.

REASONS FOR THE PROHIBITION OF DOPING:

The main reasons for prohibiting doping are as follows:

1. Physical reasons:

- a) Acute danger to life and health
- b) Chronic danger to life and health

2. Ethical reasons:

- a) The use of doping drugs is against the idea/ethics of sports.
- b) There is a danger of addiction and possibilities for ethical/moral and social decline.

3. Legal reasons:

The use of certain drugs is in conflict with the narcotics legislation of certain countries and hence criminally punishable.

CURRENT CONTROL MEASURES:

1. For a select group of Norwegian athletes about to depart for international championships, medical check-ups can be carried out to establish whether anabolic steroids have been used.
2. Random check-ups can be carried out on Norwegian representatives in international competitions at various times during the year in order to check on the use of anabolic steroids.
3. Each year doping tests will be carried out at select Norwegian championship competitions.
4. The Norwegian Sports Council takes the initiative to establish these check-ups and tests. The arrangements and procedures will be carried out through co-operation between the Sports Confederation, the Medical Council, the relevant sports federation through its medical contact or board, the organizers of the national championships through the medical officer of the meeting and the analytical laboratory in question. Checks and doping tests must at all times be carried out within the established financial framework. All expenses connected with Norwegian control procedures should be covered by the budgets of the Sports Confederation.

THE SPORT COUNCIL'S RESOLUTION ON DOPING CONTROL IN NORWAY, 1977

1. The Sports Council requests that the Medical Board in the first place should continue to work on a practical system for checking on the use of anabolic steroids.

An extended checking system which would also cover the use of other drugs should be considered at a later date on the basis of the experience gained here, possibly on the basis of special requests put forward by one or more of the sports federations.

2. The Sports Council has agreed that a checking system on anabolic steroids can be put into operation within the following special branches of sports: basketball, boxing, wrestling, athletics, ice-hockey, judo, canoeing, rowing, swimming, skating, and weight-lifting.
3. The checking is to be carried out according to the system established at the 1976 Olympic Games, and the Sports Council requests that the Medical Board work out a system for testing and dispatching of samples. These proposals should be approved by the Council at a later meeting.
4. The Sports Council requests that the Medical Board in conjunction with the administration make the necessary purchases of equipment, establish contracts with the necessary personnel/institutes for analyses, and calculate/determine the possible number of tests and dispatches of samples – all within the limit of Kr.150.000 for the fiscal year 1977.
5. 50% of the tests are to be carried out on active Norwegian competitors at varying times of the year in 1977.
6. 25% of the tests are to be carried out on active Norwegian competitors prior to departure for international championships in 1977.
7. 25% of the tests are to be carried out at selected Norwegian championships in 1977.
8. Medical advisors to the sports federations, doctors supervising events and other authorized medical personnel will be sent written instructions for detailed organisation and execution of the tests. The instructions will be worked out by the Medical Board, NIF, in accordance with the international regulations for doping tests.

Information concerning the practical execution of

doping tests will also be given at the Medical Seminar 1977 and at other information meetings arranged by the NIF Medical Board.

The doctor in charge of the arrangement and execution of the doping tests must independently – or in co-operation with the Medical Board – provide information and instructions concerning the tests to the organizers of the event, the active participants, coaches, leaders and technical assistants.

Written information concerning the doping tests and the decisions of the Sports Assembly, as well as the practical consequences of the decisions, will also be published in "Norsk Idrett", the publication of the Norwegian Confederation of Sports. These instructions will be specially directed towards the various organisations and the individual athlete.

The Sports Council feels that in addition, the Norwegian Confederation of Sports should inform the Norwegian Medical Association and the Health Department specifically on this matter.

9. The Sports Council feels that the Medical Board in 1977 should primarily continue to work on establishing current national, educational, informative and controlling effort in this field. To the extent the Medical Board is able to establish international contacts, this should be encouraged. Any efforts in this connection should be recorded and the reasons for it given in the Medical Board's protocol, in the usual way.
10. The Sports Council requests NIF's Legal Board the Judiciary Board and its legal council as well to clarify especially the legal and judicial circumstances in this matter, according to the current laws, rules and regulations in the sports organisations and in society generally, and furthermore to consider whether there is a need to work out special new rules/regulations for sports which have to be presented to the Sports Assembly 1978.